

wherein each of said plural microchannels comprise an barrier, wherein, other than the barrier, each of said plural microchannels has essentially a constant cross-sectional area, wherein said plural microchannels each have essentially the same cross-sectional area, and

wherein the barrier in each of said plural microchannels creates an orifice that is at least 40% as large as the average cross-sectional area of each of said plural microchannels.

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